

IVNT TRAINING DAY TIMETABLE

9:30am - Registration

10am- Introduction

- Global Malnutrition in underdeveloped countries
- Clinical micronutrient deficiencies in developed countries
- Micronutrient deficiencies associated with degenerative disease,
- DNA damage, mitochondrial decay and certain cancers
- World Health Organization (WHO) – carcinogenic and other hazards In food

10.15am- INTRAVENOUS MICRONUTRIENT SUPPLEMENTATION (IMS)

- 1. Global parenteral nutrition
- 2. Why intravenous micronutrient supplementation (IMS)?
- 3. Metabolism
- 4. Metabolic syndrome

10.30am- CHAPTER 3: ESSENTIAL MICRONUTRIENTS - VITAMINS

- 1. Fat soluble vitamins
 - 1.1 Vitamin A
 - 1.2 Vitamin D
 - 1.3 Vitamin E
 - 1.4 Vitamin K
- 1. Water soluble vitamins
 - 2.1 Thiamine (Vitamin B1)
 - 2.2 Riboflavin (Vitamin B2)
 - 2.3 Niacin (Vitamin B3)
 - 2.4 Pantothenic Acid (Vitamin B5)
 - 2.5 Pyridoxine (Vitamin B6)
 - 2.6 Biotin (Vitamin H)
 - 2.7 Cobalamin (Vitamin B12)
 - 2.8 Folic Acid
 - 2.9 Ascorbic Acid (Vitamin C)

11am- CHAPTER 4: GLUTATHIONE THE 'MASTER' ANTIOXIDANT

- 1. What is glutathione?
- 2. What are some of the functions of glutathione?
- 3. How is glutathione synthesized in the body?
- 4. Glutathione depletion
- 5. Glutathione as a depigmentation agent

11.15am- CHAPTER 5: ESSENTIAL MICRONUTRIENTS - MINERALS

- 1. Calcium
- 2. Magnesium
- 3. Selenium
- 4. Zinc

11.30 COFFEE BREAK

12pm - CHAPTER 6: ESSENTIAL MICRONUTRIENTS - AMINO ACIDS

- 1. Arginine
- 2. Carnitine
- 3. Cysteine
- 4. Glutamine
- 5. Taurine
- 6. Methionine
- 7. Ornithine
- 8. Phenylalanine
- 9. Choline
- 10. Glycine
- 11. Lysine

12.30- CHAPTER 7: SAFETY AND EFFICACY OF IVS

- 1. Efficacy
- 2. Regulation in the United Kingdom of IMS under the MHRA
- 3. Reliability of micronutrient laboratory testing
- 4. Safety aspects
- 5. Contraindications to IMS
- A) Absolute contraindications
- B) Relative contraindications
- 6. Adverse reactions to IMS
- 7. Osmolarity of an admixture
- 8. Complications of IMS

1pm- CHAPTER 8: MEDICAL HISTORY AND INFORMED CONSENT

- Medical questionnaire
- Consent

1.15pm-CHAPTER 9: PRACTICAL FUNDAMENTALS

- Consumables
- Equipment
- Administration methods

1.30pm-CHAPTER 10a: INTRAVITA IMS PROTOCOLS

1.45pm-CHAPTER 10b: IMS PROTOCOLS

2pm-CHAPTER 11: CHECK LIST & ADVERSE REACTION REPORTING

2.15pm LUNCH

3PM - PRACTICAL SESSION

4.30- QUESTIONS AND ANSWERS